PARADISE TRAILSIDE TRIATHLON PRESENTED BY DEFENDER

Athlete Guide 2026

WELCOME TO THE PARADISE TRAILSIDE TRIATHLON PRESENTED BY DEFENDER 2026

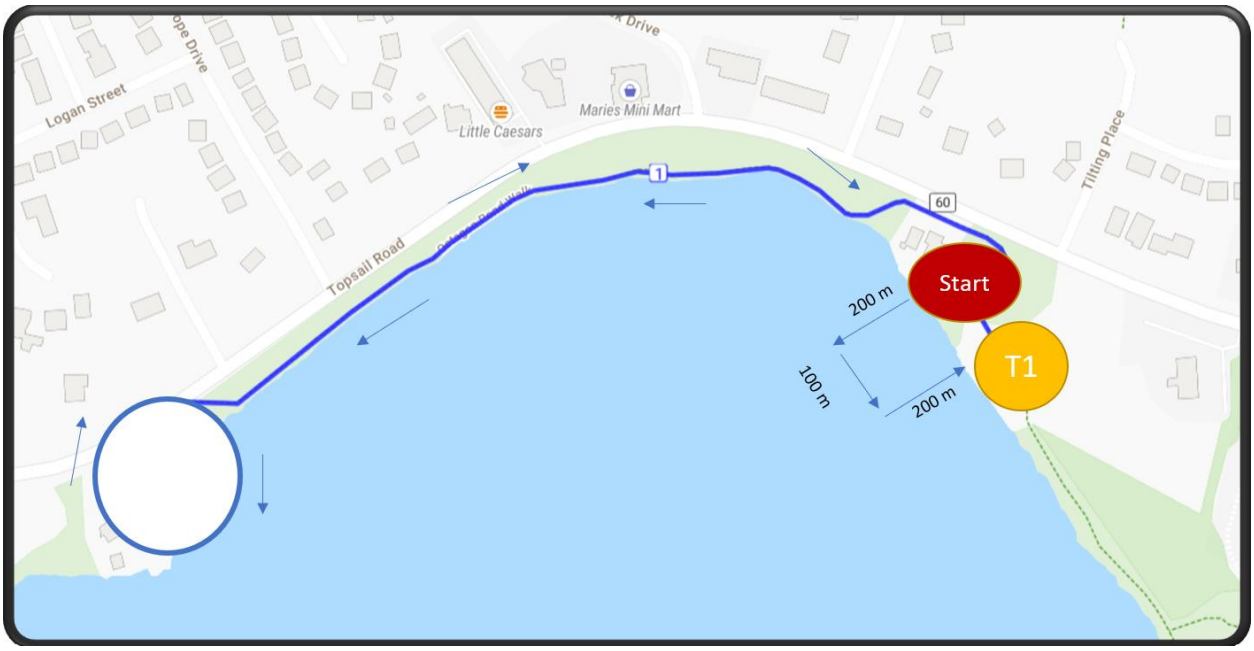
Nestled along the rugged beauty of Newfoundland's eastern coastline, the Paradise Trailside Triathlon Presented by Defender marked a bold beginning to a new tradition. This unique event blends grit and grace as athletes navigated a stunning course of open-water swimming, scenic cycling, and forest-lined trail running. With the salty breeze in the air and cheers echoing off the landscape, the inaugural race celebrates not only endurance and athleticism but the spirit of adventure that defines this vibrant community.

1 TIMELINE

- **Race Kit Pickup :** The bib and kit pickup is going to happen over two time slots on **The Land Rover Showroom**. **Address: 938 Topsail Road, Mount Pearl, NL A1N 2W4**.
    - **Thursday July 23rd**: 5:00-7:00 PM
    - **Friday July 24th**: 12:30- 3:00 PM
    - If you have any questions on the route, the race director and the directors of each discipline will be present to answer your questions
- **Race Day Sunday July 26th:**
    - **Race day check-in :** The race day check in will start 6:45AM and chips will be handed then, **the chip should be on your left ankle**
    - **Swim Start: 7:30AM**
    - **Run Start for Duathlon: 7:30AM**
    - **Reception and Awards at Banished starting 11:30AM**
    - **Cut off time to finish is 12:30PM if any athlete is still on the course.**

2 SWIM COURSE

The Swim course consists of 500m, going counter-clockwise from the dragon boat wharf at Octagon pond. 200m to the first buoy, then turning left keeping the buoy to your left. Then 100m to the second buoy, turning left again while keeping the buoy to your left and head to the transition area (200m).



3 TRANSITION

Figure 1T1 at Octagon Pond

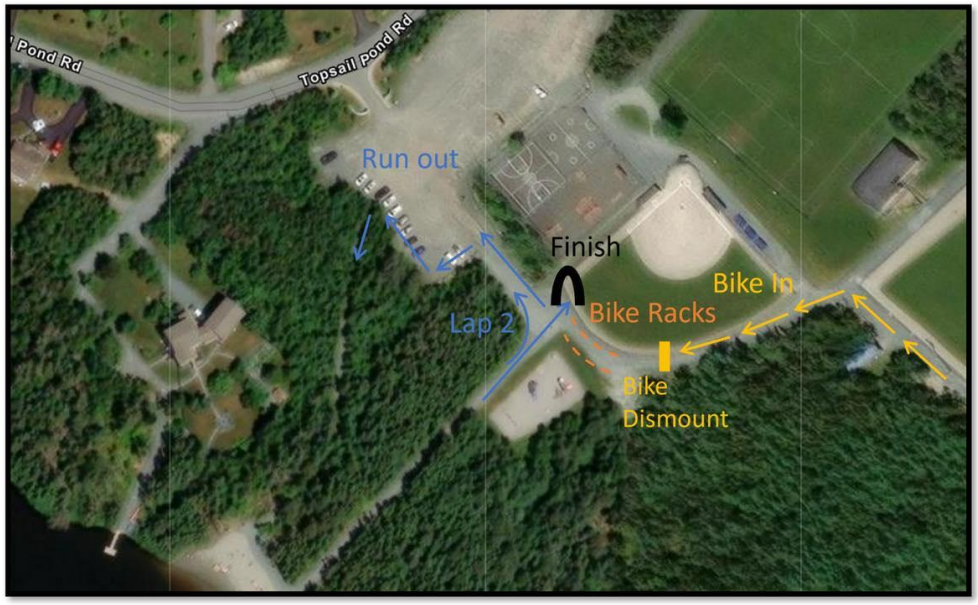


Figure 2. T2 at Peter Barry Duff Park

Athletes must use only their designated bike rack and must rack their bike when entering both T1 and T2
Race bib number on racks.
Fat Bikes and extra large mountain
Bikes will have a designated rack.

In First transition T1 bikes will be placed on rack in upright position with the front of the saddle hooked over the horizontal bar so the front wheel is pointing toward the middle of transition lane. In second transition T2 bikes can be racked as above or racked by handle bars with rear wheel is facing out. Head referee may apply exceptions.

Athletes must enter and exit transitions through designated gates with helmets fastened until bike is racked. Athletes will dismount bike before entering .

After racking bike , helmet can be removed and must be hung over bikes handlebars . Glasses can be placed in helmet . Helmet not to placed on ground . Athletes race equipment must not impede safety of athletes . Only equipment used for the race will be allowed in transition.

Athletes will be provided a waterproof bag with race kit swag. These Bags will be tagged with your race bib # and used in race.
In T1 all “used “ race equipment must be placed in this bag.
Example wetsuit goggles warm up clothes. All athletes are responsible to secure bag and leave by bike rack position before exiting T1.
Bags will be collected and delivered to finish line.
Note … any equipment not in designated bag it will be collected and placed in lost and found .

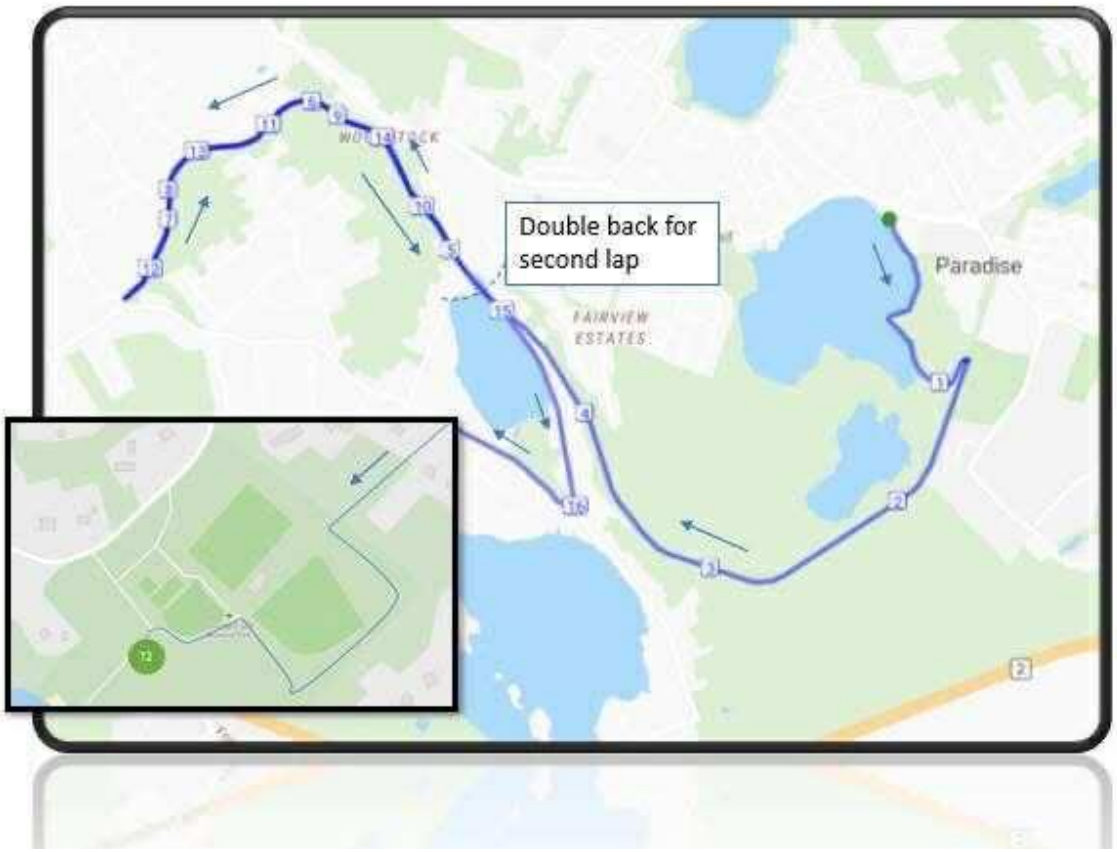
“ Important “
If not wearing running shoes on bike you must allow extra time to place your running shoes in T2 PeterBarry Duff Park before race start. Athletes not allowed to run in biking shoes with clips.
NO equipment including bikes should block or interfere with the progress of another athlete.
Safety is priority.

4 BIKE

4.1 COURSE

The bike course takes you on the beautiful Trailway starting from the dragon boat wharf and going towards the splash pad of Paradise park and then turn right on the trailway south till Spurce Hill Road barrier then do a U -Turn and head back to the Topsail Pond Rd intersection where you need to do a U-turn and head back to SpurceHill barrier and do a 3rd U Turn there and Head back to topsail rd intersection and follow three island pond road to Buckingham and turn right into Bucknigham then turn left into the trail entrance of Peter Barry Duff Park. Athletes are advised to slow down on that section as it is quite technical.

Bike Route



Here is the bike trail entrance to Peterbarry duff park.
Note left turn off Buckingham.

4.2 BIKE RULES

Bikes must be in good working order. Bike inspection is not mandatory and will not be provided at Bike Check-In. Athletes are responsible for their bikes. However, referees may make final judgment as to the soundness of the bike.

2. Bikes are to meet the following specifications:

Tire diameter: minimum 26”, maximum 29”

Tire width: minimum 1.1” or 28 mm

*__Individuals who use tires that does not meet the World Cross Tri rules will not be eligible to claim World Championship spots__

Clip-on aerobars or handlebar extensions are not allowed

Bar ends must be plugged

3. The athlete is responsible for their own safety and knowledge of the course and rules. This is an OPEN bike course. Athletes must be aware of the potential for pedestrians and animals on the bike course. No adjustments in times or results shall be made for athletes who fail to follow the proper course for any reason whatsoever.

4. Athletes must obey all traffic laws while on the bike course unless otherwise specifically directed by an official. Bikers are to stay on the right-hand side of the trail. Failure to do so may result in disqualification.

5. Drafting is allowed.

6**. Passing is allowed, when deemed to be safe, but must be done in a timely manner (30 second max for the overtake).** The person making the pass should verbally notify the person ahead of them, that they are going to pass, or use a bell. Athletes heading east on the double loop portion of the bike course will have the right of way when passing. West bound athletes considering a pass must yield the right of way to east bound passing traffic.

7. **Passing is NOT allowed on the areas of the trail where there are gates, or during the single-track path into Peter Barry Duff Park**. Passing in these areas will result in disqualification. There will be slow down areas prior to the turn around portions of the double loop T-railway section, as well as the sharp left hand turn on the single track section in Peter Barry Duff Park.

8. No athlete shall endanger himself or another athlete. Athletes who intentionally present a danger to any athlete or who, in the judgment of the Head Referee, appear to present a danger to any athlete may be disqualified.

7. Helmets, bike shoes, and other cycling gear can be placed around the bike in transition. Shoes and shirt must be worn at all times.

10. A CPSC-approved helmet is required during the entire bike portion including in and out of transition. Athletes riding without an approved helmet or chinstrap not fastened may be disqualified.

12. **Do not litter**. Any item that needs to be discarded, including but not limited to water bottles, gel wrappers, energy bar wrappers, broken bike parts, or clothing items may only be discarded at aid stations or other designated trash-disposal points. Intentionally discarding outside of these areas will result in a two minute time penalty.

13. Bicycles must be racked in a manner such that most of the bicycle is on the athlete's side of the bike rack.

14. Athletes are individually responsible for repair and maintenance of their bike. Athletes should be prepared to handle mechanical malfunction. Assistance from official race personnel is permitted.

15. Athletes may walk bike, if necessary, but may not make progress on the bike course unaccompanied by their bicycle.

16. Headphones or headsets which are inserted in or covering the ears are not allowed during any portion of the event. Bone-conducting headphones are also prohibited.

17. Helmet mirrors or mirrors attached to the bike or body are prohibited unless needed for a verifiable medical reason and the athlete gets approval from the event's head official. Athletes granted permission to use a mirror will be ineligible for awards or World Championship entry slots.

18. Athletes may not use communication devices of any type, including but not limited to cell phones, smart watches, Bluetooth enabled or "smart" helmets, and two-way radios, in any distractive manner during the race. A "distractive manner" includes but is not limited to making and receiving phone calls, sending and receiving text messages, playing music, using social media, taking photographs, and mounting the device to a bike for purposes of using the device like a bike computer.

19. Cycling with a bare torso is prohibited. Athletes must wear a shirt, jersey, or sport top/sports bra at all times while cycling. Uniforms with a front zipper may be unzipped to any length, provided the zipper is always connected at the bottom of the uniform and the top of the uniform covers the shoulders.

5 RUN

5.1 COURSE MAP

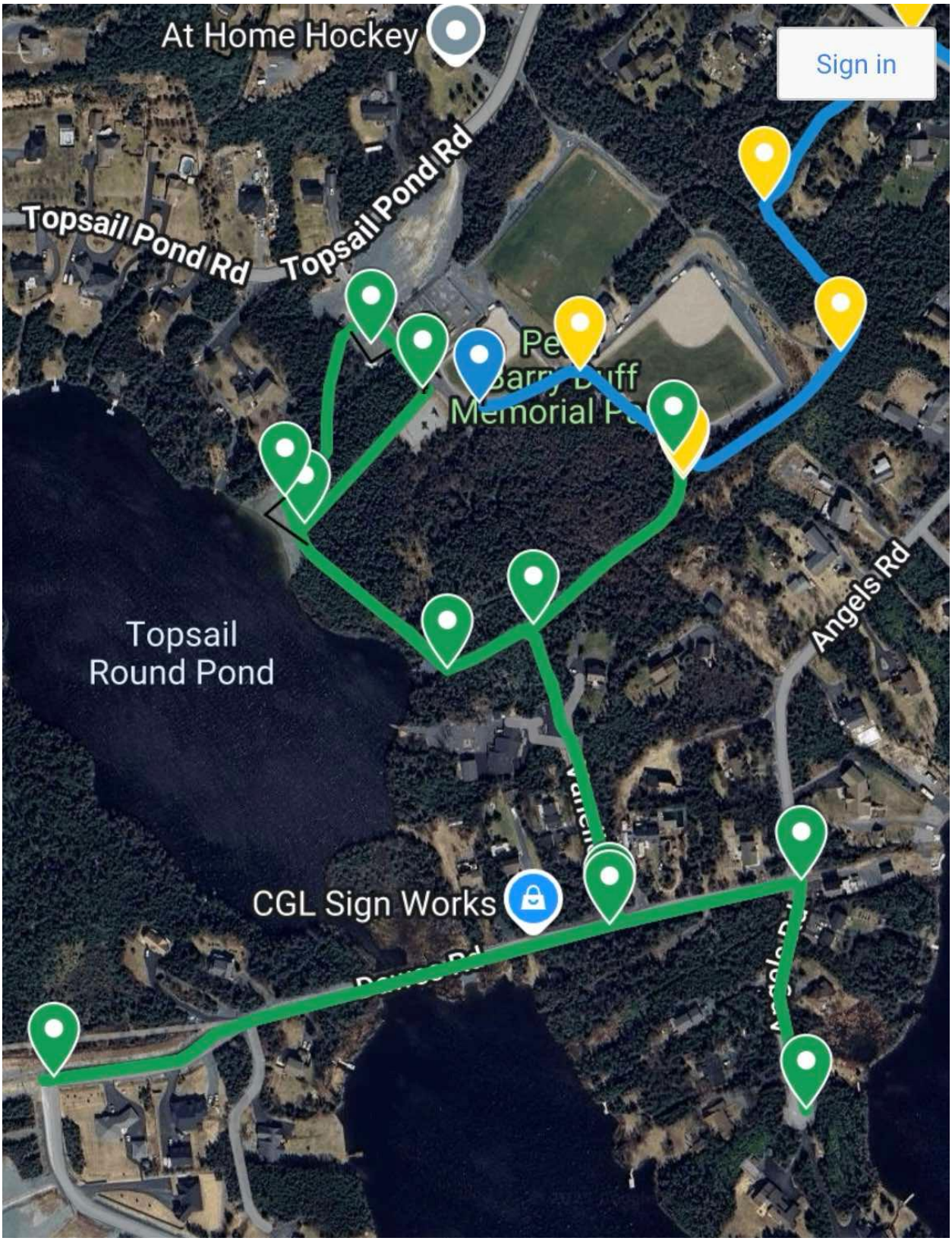


Figure 3. Run route highlighted in green with street names

5.2 RUN RULES

- Race Number Visibility: Your bib must be worn on the front and clearly visible throughout the run.

- No Headphones: Listening devices are prohibited for safety reasons—you need to hear race officials and other athletes.

- No Crawling: You can walk if needed, but crawling is not allowed during any part of the run.

- Outside Assistance: Only assistance from race officials, medical personnel, or officially designated race support is permitted. Accepting food, drink, or help from spectators can lead to disqualification.

- Littering: Dispose of trash (like gel packs or water cups) only at designated aid stations.

5.2.1 Penalties & Disqualifications

- Time Penalties: Common infractions like blocking other runners or littering can result in added time.

- Disqualification: Serious violations—like receiving unauthorized assistance or ignoring safety instructions—can get you pulled from the race.

5.2.2 Aid Stations

- Strategically placed along the course with water and sports drinks.

- Use them responsibly and toss waste in bins—not on the ground.

5.2.3 Apparel Requirements

- Your torso must be covered during the run. No shirtless racing, even in hot weather.

6 DUATHLON

For Duathlon there's no change to the bike and run, the only difference is instead of the 500m swim, athletes are required to do a 1.6km run at the same time the sprint athletes are in the water

7 AQUABIKE

For Aquabike athletes they are required to complete the swim and the bike portions of the race, rack their bikes in T2 and head to the finish Arch.

8 RACE CONDUCT

- Athletes must know and complete the prescribed course.
- Athletes must obey instructions from race officials.
- Unsportsmanlike conduct may result in disqualification.
- Athletes may not impede another competitor.
- Athletes must report to medical personnel if instructed.

9 WORLD QUALIFICATION

In order for anyone to be eligible to go to the Cross Worlds, they need to complete an expression of interest at this Tri Can site: https://ccnbikes.com/#!/events/paradise-trailside-triathlon-canada-2026-age-group-eoi

10 THANK YOU

On behalf of everyone involved in the Paradise Trailside Race Presented by Defender, we extend our heartfelt gratitude to the incredible sponsors and selfless volunteers who made this event possible. Your generous support and tireless dedication helped us bring together athletes, families, and our community for a day filled with energy, achievement, and camaraderie. Sponsors—you helped lay the foundation with your resources and belief in our vision. Volunteers—you were the heartbeat of the race, guiding runners, cheering them on, and making the day run smoothly from start to finish. Thank you for being the champions behind the scenes and for making the Paradise Trailside Race truly unforgettable.

DEFENDER

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